

Course/Group title: Active Confidence

Description of the course (including the number of sessions):

This is an eight session course where participants can develop their social skills and confidence in engaging in activities: both through group discussion around topics such as assertiveness and goal setting, and in practice through outdoor pursuits activities such as orienteering and canoeing.

Dates & times :

April – June (dates and times to be confirmed)

Venue:

Pleasley Vale Outdoor Activity Centre

Benefits of attending the course

- Improved confidence in socialising.
- Improved confidence in engaging in new occupations
- Opportunity to develop social skills.
- Learning how to set yourself realistic goals and make progress in your occupations.
- Developing skills to manage difficulties within social situations such as learning how to say no.

Available to :

Anyone within the Bolsover and Clay Cross Neighbourhood who would like to develop their confidence within occupations, or their confidence and skills in socialising. Also anyone who wishes to develop their engagement in leisure or productive occupations and has an interest in outdoor activities.

How to book a place:

You can be referred to Occupational Therapy by your Care coordinator, key worker or consultant.

To be included in which section:

Keeping well



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